

CLASS DATES

Spring Session runs February 27 - June 11
(Block 1: Feb 27-Apr 21, Block 2: Apr 23-June 11)
Classes held once a week on Mondays- Saturdays
There will be no classes Spring Break (April 2-7)
and Memorial Day (May 28).

BLOCK 1					
Mon	Tues	Wed	Thurs	Fri	Sat
27-Feb	28-Feb	29-Feb	1-Mar	2-Mar	3-Mar
5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
12-Mar	13-Mar	14-Mar	15-Mar	16-Mar	17-Mar
19-Mar	20-Mar	21-Mar	22-Mar	23-Mar	24-Mar
26-Mar	27-Mar	28-Mar	29-Mar	30-Mar	31-Mar
9-Apr	10-Apr	11-Apr	12-Apr	13-Apr	14-Apr
16-Apr	17-Apr	18-Apr	19-Apr	20-Apr	21-Apr
BLOCK 2					
Mon	Tues	Wed	Thurs	Fri	Sat
23-Apr	24-Apr	25-Apr	26-Apr	27-Apr	28-Apr
30-Apr	1-May	2-May	3-May	4-May	5-May
7-May	8-May	9-May	10-May	11-May	12-May
14-May	15-May	16-May	17-May	18-May	19-May
21-May	22-May	23-May	24-May	25-May	26-May
4-Jun	29-May	30-May	31-May	1-Jun	2-Jun
11-Jun	5-Jun	6-Jun	7-Jun	8-Jun	9-Jun

REGISTRATION DATES

	Block 1	Block 2
Opens for Members	24-Jan	20-Mar
Opens for Non-Members	26-Jan	22-Mar
Closes	21-Feb	17-Apr

COST

	Member Fee	Non-Member Fee
Pee Wee & Swimmer Levels*	\$60.00	\$66.00
Adult Levels**	\$76.00	\$84.00
Late registration fee	\$10.00	
Transfer free	\$5.00	

* 30 min. once a week
** 45 min. once a week

PLEASE NOTE:

WAIT LISTS

If a class reaches the maximum number of participants, we will put you on a wait list and make every effort to either create an additional class or to add an aid to the existing class.

CANCELLATION AND REFUND POLICY

If you cancel your class prior to the first scheduled day, you will receive a credit for another class in another session. If the WARF cancels a class due to low enrollment and we cannot place you in another suitable class, you will receive a credit to another class in another session. If you are not able to participate in another session, please fill out a refund request form to be reviewed by management staff. Please allow 2-3 weeks for a check refund. If you cancel your class prior to the first day of your scheduled class you will receive a refund minus a \$10.00 cancellation fee.

CLASS MINIMUM REQUIREMENTS

All classes must meet the minimum number of participants requirement. If your class selection does not meet that requirement, you will be notified by phone or email prior to the scheduled start date. All classes that do not have the minimum number of participants will a) be combined with another similar class to meet the minimum requirements or b) be cancelled. If you have indicated on your registration form a second choice of class, we will move your child to that class and notify you of the change.

CLASS MAKE-UPS

You may only attend classes for which you are registered. No make-ups are allowed in other classes. If the WARF cancels a class, every effort will be made to provide a make-up class. No make-ups or refunds are given for missed lessons due to personal reasons.

RETURNED CHECK FEE

Returned checks will result in a \$25 service fee. This fee will be payable by cash only. The WARF cannot re-deposit returned checks.

WARRENTON AQUATIC & RECREATION FACILITY

SPRING 2012
aquatics



800 Waterloo Road
Warrenton, VA
540.349.2520
www.warrentonva.gov



Town of Warrenton
Parks & Recreation Department

Scan with your smart phone to access all of this information on the web!



IMPORTANT INFORMATION:

- Please read the descriptions of each class to register for the appropriate skill level. Each level is based on a progression of swimming skills and may need to be repeated until the student is comfortable enough with the skills to progress to the next level.
- During swim lessons, guardians may watch their children from the chairs on deck or the bleacher area.
- Patrons accompanying students in aquatics programs must pay general admission fees to use the facility.
- It is recommended that students not wear goggles while in lower level classes. Goggles can be worn in Levels 3, 4, & 5 once students are working on developing and improving their strokes.
- Non-potty trained participants must wear snug fitting plastic pants and/or swim diapers under swim suit – no disposable or cloth diapers please.
- Class size: Maximum of 6 participants per instructor.

PEE WEE & ME (ages 6 months - 2.5 years)
Adults and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. Adults learn proper holding technique to ensure the children are able to adjust to being in the water. Prerequisite: One adult is required to get in the pool with each child.

CODE	DAY	TIME
MPWM1	Monday	4:30p - 5:00p
TPWM1	Tuesday	8:50a - 9:20a
WPWM1	Wednesday	9:00a - 9:30a
RPWM1	Thursday	4:30p - 5:00p
FPWM1	Friday	9:00a - 9:30a
SPWM1	Saturday	9:20a - 9:50a

PEE WEE SWIMMER 1 WITH ADULT (ages 2-5)
Children learn water safety, and basic swimming skills such as entering & exiting water safely, submerging face, buoyancy, and locomotion in the water; all in the arms of an adult they know and trust. Prerequisite: One adult is required to get in the pool with each child.

CODE	DAY	TIME
TPWLP1	Tuesday	4:30p - 5:00p
WPWLP1	Wednesday	4:30p - 5:00p
RPWLP1	Thursday	8:50a - 9:20a
SPWLP1	Saturday	8:40a - 9:10a

PEE WEE SWIMMER 1 (ages 3-5)
This class teaches water safety, breath control, face submersion, buoyancy, and arm & leg movements. Prerequisite: Children must function well in a group class. Recommend no goggles in this class.

CODE	DAY	TIME
MPWL11	Monday	5:10p - 5:40p
TPWL11	Tuesday	9:30a - 10:00a
TPWL12	Tuesday	1:50p - 2:20p
TPWL13	Tuesday	5:50p - 6:20p
WPWL11	Wednesday	10:20a - 10:50a
WPWL12	Wednesday	1:10p - 1:40p
WPWL13	Wednesday	6:30p - 7:00p
RPWL11	Thursday	5:10p - 5:40p
FPWL11	Friday	11:00a - 11:30a
FPWL12	Friday	5:50p - 6:20p
SPWL11	Saturday	10:00a - 10:30a
SPWL12	Saturday	11:20a - 11:50a

**Check out the Specialty Aquatics
Brochure for a schedule of these classes:**

WARF Swim Club
Stroke & Turn Clinics
Summer Prep
CPR/AED Recerts for Lifeguards
WSI Certification Course
Lifeguard Certification Courses

PEE WEE SWIMMER 2 (ages 3-5)
This class teaches water safety, breath control, face & head submersion, floating on front & back, rolling over, swimming on front & back, and fundamentals of treading water. Prerequisite: Safely enter & exit water, submerge face while blowing bubbles, and combined arm pulls & kick on front & back. Recommend no goggles in this class.

CODE	DAY	TIME
MPWL21	Monday	5:50p - 6:20p
TPWL21	Tuesday	10:10a - 10:40a
TPWL22	Tuesday	1:10p - 1:40p
TPWL23	Tuesday	6:30p - 7:00p
WPWL21	Wednesday	11:00a - 11:30a
WPWL22	Wednesday	2:30p - 3:00p
WPWL23	Wednesday	5:10p - 5:40p
RPWL21	Thursday	9:30a - 10:00a
RPWL22	Thursday	5:50p - 6:20p
FPWL21	Friday	9:40a - 10:10a
FPWL22	Friday	6:30p - 7:00p
SPWL21	Saturday	9:20a - 9:50a
SPWL22	Saturday	10:40a - 11:10a

PEE WEE SWIMMER 3 (ages 3-5)
This class teaches water safety, rhythmic breathing, gliding on front & back, swimming on front & back, finning, treading water, entering & exiting deep water, swimming in deep water. Prerequisite: Enter water, bob 5 times, & exit water safely. Swim front crawl 3 body lengths. Swim on back 3 body lengths.

CODE	DAY	TIME
MPWL31	Monday	6:30p - 7:00p
TPWL31	Tuesday	10:50a - 11:20a
TPWL32	Tuesday	12:30p - 1:00p
TPWL33	Tuesday	5:10p - 5:40p
WPWL31	Wednesday	9:40a - 10:10a
WPWL32	Wednesday	1:50p - 2:20p
WPWL33	Wednesday	5:50p - 6:20p
RPWL31	Thursday	6:30p - 7:00p
FPWL31	Friday	10:20a - 10:50a
FPWL32	Friday	4:30p - 5:00p
SPWL31	Saturday	8:40a - 9:10a
SPWL32	Saturday	10:00a - 10:30a

PEE WEE SWIMMER 4 (ages 4-6)
This class teaches water safety, rotary breathing, swimming front crawl, back crawl & elementary backstroke, introduces dolphin & breaststroke kick, sitting & kneeling dive, treading in deep water, and open turns. Prerequisite: Swim 5 body lengths front crawl, roll onto back & float 5 seconds, then roll onto front and swim to safety. Repeat same skill on back.

CODE	DAY	TIME
TPWL41	Tuesday	11:30a - 12:00p
TPWL42	Tuesday	2:30p - 3:00p
WPWL41	Wednesday	11:40a - 12:10p
WPWL42	Wednesday	12:30p - 1:00p
RPWL41	Thursday	4:30p - 5:00p
FPWL41	Friday	11:40a - 12:10p
SPWL41	Saturday	10:40a - 11:10a

YOUTH SWIMMER 1 (ages 6-15)
This class teaches water safety, breath control, face submersion, buoyancy, and arm & leg movements. Prerequisite: Children must function well in a group. Recommend no goggles in this class

CODE	DAY	TIME
MSLV11	Monday	5:10p - 5:40p
TSLV11	Tuesday	5:50p - 6:20p
WSLV11	Wednesday	6:30p - 7:00p
RSLV11	Thursday	5:10p - 5:40p
FSLV11	Friday	5:50p - 6:20p
SSLV11	Saturday	10:00a - 10:30a
SSLV12	Saturday	11:20a - 11:50a

YOUTH SWIMMER 2 (ages 6-15)
This class teaches water safety, breath control, face & head submersion, floating on front & back, rolling over, swimming on front & back, changing directions while swimming, and fundamentals of treading water. Prerequisite: Safely enter & exit water, submerge face while blowing bubbles, and combined arm pulls & kick on front & back. Recommend no goggles in this class.

CODE	DAY	TIME
MSLV21	Monday	5:50p - 6:20p
TSLV21	Tuesday	6:30p - 7:00p
WSLV21	Wednesday	5:10p - 5:40p
RSLV21	Thursday	5:50p - 6:20p
FSLV21	Friday	6:30p - 7:00p
SSLV21	Saturday	9:20a - 9:50a
SSLV22	Saturday	10:40a - 11:10a

YOUTH SWIMMER 3 (ages 6-15)
This class teaches water safety, rotary breathing, gliding on front & back, front crawl & modified elementary backstroke, back crawl arms, finning, treading water, entering & exiting deep water, swimming in deep water. Prerequisite: Enter water, bob 5 times, & exit water safely. Swim front crawl 3 body lengths. Swim on back 3 body lengths.

CODE	DAY	TIME
MSLV31	Monday	6:30p - 7:00p
TSLV31	Tuesday	5:10p - 5:40p
WSLV31	Wednesday	5:50p - 6:20p
RSLV31	Thursday	6:30p - 7:00p
FSLV31	Friday	5:10p - 5:40p
SSLV31	Saturday	8:40a - 9:10a
SSLV32	Saturday	11:20a - 11:50a

YOUTH SWIMMER 4 (ages 6-15)
This class teaches water safety, front crawl, elementary backstroke, back crawl, breaststroke, dolphin kick, swimming under water, treading water, open turns, and sitting/kneeling/standing dives. Prerequisite: Swim 5 body lengths front crawl, roll onto back & float 5 seconds, then roll onto front and swim to safety. Repeat same skill on back.

CODE	DAY	TIME
TSLV41	Tuesday	4:30p - 5:00p
FSLV41	Friday	4:30p - 5:00p
SSLV41	Saturday	11:20a - 11:50a

YOUTH SWIMMER 5 (ages 6-15)
This class teaches water safety, and swimming greater distances in: front crawl, elementary backstroke, back crawl, & breaststroke, puts together elements of butterfly, introduces sidestroke, surface dive, flip turns, racing dive, & treading water. Prerequisite: Swim 25 yards front crawl & back crawl. Perform open turn & glide in streamlined position w/kick 3 body lengths. Tread water 2 minutes.

CODE	DAY	TIME
FSLV51	Friday	5:10p - 5:40p
SSLV51	Saturday	10:40a - 11:10a

ADULT SWIMMER 1 (ages 16 & up)
Learn a valuable skill that you can enjoy for a lifetime! Overcome your hesitation with water at a comfortable pace while learning basic elements of swimming. This class focuses on water adjustment, breath control, floating, gliding, and body control in the water. Prerequisite: Comfortable in shallow water and excited to learn a new skill.

CODE	DAY	TIME
TALV1	Tuesday	11:30a - 12:15p
FALV1	Friday	12:20p - 1:05p

ADULT SWIMMER 2 (ages 16 & up)
Now that you are comfortable in the water and have learned some basic skills, build on your knowledge while learning new skills, which include: front crawl, elementary backstroke, back-stroke & breaststroke arms, fining, rotary breathing, deep water adjustment, and treading water. Prerequisite: Safely enter & exit water, submerge face while blowing bubbles, and combined arm pulls & kick on front & back.

CODE	DAY	TIME
RALV2	Thursday	10:15a - 11:00a

ADULT SWIMMER 3 (ages 16 & up)
This class expands on level 2 to include improving on previously learned skills and introducing new strokes: breaststroke, butterfly, & sidestroke. You will also have the opportunity to learn about proper turn technique and how to dive from the deck(optional). Prerequisite: Swim 5 body lengths front crawl, roll onto back & float 5 seconds, then roll onto front and swim to safety. Repeat same skill on back.

CODE	DAY	TIME
WALV3	Wednesday	11:30a - 12:15p

ADULT SWIM CONDITIONING (ages 16 & up)
Become a stronger and faster swimmer by learning how to refine your stroke technique. All aspects of the competitive strokes (freestyle, backstroke, breaststroke, & butterfly) will be taught to increase efficiency. Build your endurance by doing drills to become a stronger distance swimmer. This is an excellent option for preparing to participate in a triathlon. Prerequisite: Front dive, swim 25 yards front crawl, perform flip turn, continue front crawl 25 yards. Repeat skill in backstroke and breaststroke(use open 2-hand turn).

CODE	DAY	TIME
MASC1	Monday	7:30p - 8:15p
WASC1	Wednesday	7:30p - 8:15p